

# Transition Health Care Tips

## ***Stay Well***

- Learn about your condition or disability.
- Learn how to do your own care and treatments.
- Learn about the medications that you are taking.



- Develop a one-page medical summary for emergencies and new medical encounters.
- Know the warning signs that mean you need emergency help.
- Know how tobacco, alcohol, drugs and smoking affect your health condition.
- Know how your condition affects your sexuality.
- Maintain physical fitness, eat a proper diet, maintain a good weight, and obtain a proper amount of sleep.



- Have someone to talk with about mental health issues – like when you feel sad or angry
- Learn how to prevent the development of secondary disabilities such as skin problems, muscle tightness, or bone thinning.



## ***Learn About the Health Care System***

- Carry a list of addresses and phone numbers of your physicians.
- Know who to call in case of an emergency and how to call them.
- Learn how to make your own appointments.
- Write down your questions before you go to your doctor's appointment.



- Talk to your doctor about when to start seeing an adult health care provider.
- Start contacting your pharmacy to obtain your prescriptions/refills.
- Carry your insurance/medical card.
- Learn about your health insurance and health care finances.

***Commission for Children with Special Health Care Needs: 1-800-232-1160***